

## Say What?!

International Noise Awareness Day is designed to promote awareness of the dangers of long-term exposure to noise.

According to the Center for Hearing and Communication, which founded the campaign, we are often unaware of just how loud things are which we encounter each day. Long-term exposure to high noise levels may result in noise-induced hearing loss.

Consider the decibel levels (noise intensity) of these common noise sources:

- •Normal Conversation =  $\sim$ 65 dBA
- •Driving 30 MPH in Painesville, windows open = ~76 dBA
- •Vacuum Cleaner at Bacon Road = ~79 dBA
- •Push Lawn Mower =  $\sim$ 86 to 99 dBA
- •Car Horn =  $\sim$ 110 dBA
- •Circular Saw =  $\sim$ 110 dBA
- •Threshold of Pain =  $\sim$ 125 dBA

Hearing Protection is required at 85 dBA